

Buying Beans and Peanut Butter – Choices with eWIC

You can now choose if you want beans or peanut butter in the store while shopping rather than having to choose beforehand at your WIC clinic!

If your WIC Benefit Balance Shows: 1.00 Beans or Peanut Butter, You can buy:



OR



OR



16 oz package of dry beans, lentil, peas

4 cans of Beans = 1 Container/Benefit Unit

16 – 18 oz Jar of Peanut butter



If you buy 1 Can of beans = 0.25 Container

Your Benefit Balance is 0.75 = 3 cans remaining

You can buy the remaining 3 cans any time during your benefit period.

Your Balance in the Receipt will print as :

REMEMBER

If you buy canned beans you must buy 4 cans of beans to complete 1 unit

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***** WIC Benefit Balance After Purchase *****		
4	LB	Cheese
1.80	02	Breakfast Cereal
0.75	CON	Peanut Butter/Peas/Beans
15	02	Canned Tuna/Salmon
5	LB	Whole Grain Item (pkg)
25.00	\$\$\$	Fresh or Froz Frt/Veg
8	GAL	Skim or 1% Milk